

A433 – PEARS, CANNED, BARTLETT, SLICED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better. Bartlett canned sliced pears; natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 105 oz (about 12³/₈ cups) sliced pears and juice. One #10 can AP yields about 59.6 oz (7³/₈ cups) drained pears and provides about 29.5 1/4-cup servings drained, sliced pears OR about 49.7 1/4-cup servings fruit and juice. CN Crediting: 1/4 cup sliced pears and juice OR 1/4 cup drained, sliced pears provides 1/4 cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned sliced pears in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned sliced pears covered and labeled in a dated nonmetallic container under refrigeration and use within 5 to 7 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Pears, sliced, juice pack, fruit and juice

	1/4 cup (62 g)	1/2 cup (124 g)
Calories	31	62
Protein	0.21 g	0.42 g
Carbohydrate	8.02 g	16.05 g
Dietary Fiber	1.0 g	2.0 g
Sugars	6.01 g	12.02 g
Total Fat	0.04 g	0.09 g
Trans Fat	0 g	0 g
Saturated Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.18 mg	0.36 mg
Calcium	6 mg	11 mg
Sodium	2 mg	5 mg
Magnesium	4 mg	9 mg
Potassium	60 mg	119 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.0 mg	2.0 mg
Vitamin E	N/A	N/A



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Sliced pears can be used right from the can, chilled, or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> • Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert. • Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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